[illegible]

[illegible]-[illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] · [illegible] · [illegible] [illegible] · [illegible] · [illegible] · [illegible] · [illegible] · [illegible]

⚠ [illegible] [illegible] [illegible] — [illegible] [illegible] [illegible] | [illegible] [illegible] [illegible]: **112** '[illegible] [illegible] **findahelpline.com** '[illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] '[illegible] [illegible]: [illegible], [illegible] [illegible] → [illegible] [illegible] [illegible] [illegible], [illegible]

[illegible] [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible] [illegible] "[illegible], [illegible] [illegible] → [illegible] [illegible]" [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]—[illegible] [illegible] [illegible], [illegible], [illegible], [illegible]—[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [

[illegible] 0 - [illegible]

⚠ [illegible] (psilocybin) [illegible], [illegible], [illegible] '[illegible], [illegible]— [illegible]

0.1 — [illegible]

[illegible]:

- [illegible], [illegible], [illegible]-[illegible] '[illegible]
- [illegible]: [illegible], [illegible]—[illegible]
- [illegible]: [illegible], [illegible] '[illegible], [illegible]' [illegible]—[illegible]—[illegible]
- [illegible], [illegible]: [illegible] 10 [illegible] 1–2 [illegible], [illegible]
- [illegible] 112 '[illegible]: [illegible], [illegible], [illegible]

0.2 — [illegible]

[illegible]:

- [illegible] ([illegible])[illegible]
- [illegible]
- [illegible], [illegible], [illegible] '[illegible], [illegible] '[illegible] 5-HT2A [illegible]

[illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible]

- [illegible] ([illegible] '[illegible]— [illegible]; [illegible])[illegible]
- [illegible]: [illegible] *psilocybe* [illegible] *Amanita phalloides* ('[illegible]') [illegible] ([illegible] *psilocybin* [illegible], [illegible]), [illegible]

0.4 — [illegible]

- [illegible]: *Psilocybe cubensis* [illegible] '[illegible], [illegible]-[illegible]
- [illegible]: [illegible], [illegible] (indole alkaloids) [illegible], [illegible] (psilocybin), [illegible], [illegible]
- [illegible]: "[illegible]" [illegible], [illegible]-[illegible]: [illegible], [illegible], [illegible], [illegible]
- [illegible]: [illegible], [illegible], [illegible]

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		[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] LSD [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
[illegible] [illegible]	[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

1.2 — [illegible]: [illegible] [illegible] [illegible]?

[illegible] — [illegible] [illegible] [illegible]: "[illegible] [illegible]" → "[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]"

[illegible] [illegible] [illegible] "[illegible]" [illegible] [illegible] [illegible] [illegible]: '[illegible] [illegible] → [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]' [illegible] [illegible] '[illegible], [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible], NYU [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible]			
[illegible]	0.05–0.3 [illegible] [illegible] (1–5 [illegible])।	[illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible], [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

1.4 — [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [

[illegible]	[illegible]	[illegible]: [illegible] [illegible] [illegible]

1.5 — [illegible]

[illegible] — [illegible] 'Every Mushroom, Every Time' [illegible] [illegible] — [illegible] [illegible]

[illegible] [illegible] [illegible] 3,500 [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] — [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] '[illegible]' ('[illegible] [illegible]'), [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] 1950 [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] — "[illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]"

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible]: [illegible] [illegible] [illegible]

[illegible] MTHFR [illegible] MTHFR [illegible]

[illegible], [illegible]

[illegible] findahelpline.com '[illegible]

[illegible]: [illegible] CYP450 [illegible], [illegible]— [illegible]-[illegible] CYP2D6 [illegible] DXM [illegible] CYP3A4 [illegible]

[illegible]	[illegible]	[illegible]	[illegible]
HTR2A	5-HT2A [illegible] — [illegible]	rs6313, rs6311, rs7997012 — [illegible]	[illegible] LSD [illegible]-[illegible] HTR2A [illegible] '[illegible], [illegible], [illegible] HTR2A [illegible] HPPD [illegible] '[illegible]' [illegible], [illegible] HTR2A [illegible]
SLC6A4 / 5-HTTLPR	[illegible]—	[illegible]/[illegible] (S/S) [illegible] —	MDMA ([illegible] SERT [illegible]) [illegible] DXM ([illegible] SERT [illegible]) [illegible],

	[illegible]	[illegible] SERT [illegible].	[illegible] '[illegible], [illegible]— SERT [illegible]—[illegible] 5-HT2A [illegible] S/S [illegible], [illegible]— [illegible] '[illegible]
COMT	[illegible]-[illegible]; [illegible] HPA [illegible] '[illegible]	Val158Met (rs4680)	Met/Met ([illegible], [illegible] COMT) — LSD [illegible], [illegible], [illegible] '[illegible], [illegible] COMT Met/Met [illegible], [illegible] COMT [illegible]: [illegible], [illegible] ([illegible]) [illegible], [illegible]
MTHFR	[illegible] - [illegible]	C677T (rs1801133), A1298C (rs1801131)	MTHFR [illegible] — [illegible] MDMA [illegible]-[illegible]: [illegible] MTHFR [illegible], [illegible] 5-HT2A [illegible], [illegible] 5-MTHF [illegible]
BDNF Val66Met	[illegible]-[illegible] — [illegible]	Val66Met (rs6265) — Met [illegible] BDNF [illegible]	[illegible] (BDNF) [illegible]—[illegible] "[illegible]" [illegible]

	[illegible]	[illegible]	[illegible], [illegible] "[illegible]" [illegible] (BDNF) [illegible], [illegible] ([illegible] (BDNF) [illegible]) [illegible] "[illegible]" [illegible] "[illegible]" [illegible] '[illegible]—[illegible]

[illegible]

- [illegible] '[illegible], [illegible]? → [illegible] HTR2A [illegible]
- [illegible], [illegible]? → [illegible], [illegible], [illegible] '[illegible] HTR2A [illegible] Sage COMT [illegible]
- [illegible] '[illegible]? → [illegible] MTHFR-variant [illegible] 5-MTHF [illegible]—[illegible]
- [illegible] (HPPD) [illegible]? → [illegible] 2 [illegible] (HTR2A) [illegible] + [illegible] 4 [illegible]
- [illegible], [illegible]? → [illegible] '[illegible] HTR2A [illegible]-[illegible], [illegible] SSRIs 5-HT2A [illegible]

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4.3 — BDNF [illegible]: [illegible]

[illegible] — [illegible]

[illegible] BDNF [illegible]—[illegible]—[illegible]: [illegible], [illegible], [illegible] BDNF [illegible] '[illegible] relevant [illegible]— [illegible], [illegible] BDNF [illegible]

- [illegible] ([illegible], 30-45 [illegible]): [illegible] BDNF [illegible]—[illegible] 48 [illegible]
- [illegible] (500–3000mg [illegible]): [illegible] NGF [illegible] BDNF [illegible], [illegible] '[illegible]' [illegible]—[illegible] '[illegible]—[illegible] BDNF [illegible]
- [illegible]: [illegible] (N3 [illegible]-[illegible]) [illegible] BDNF [illegible] '[illegible], BDNF [illegible] LSD [illegible] 3.2 [illegible] "[illegible]" [illegible]
- NAC (600mg [illegible]): [illegible]; [illegible]-[illegible]; [illegible] BDNF-[illegible]

4.4 — [illegible]: [illegible]

[illegible] — [illegible] '[illegible]

[illegible] (0.05–0.3g, [illegible] '[illegible] 1-3 [illegible]-[illegible]) [illegible] HPPD, [illegible], [illegible] ADHD [illegible]

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[redacted]

[redacted] — [redacted]

"[redacted], [redacted] → [redacted] [redacted]" [redacted] – [redacted], [redacted], [redacted], [redacted], [redacted] [redacted] – [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted]: [redacted] [redacted] '[redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted], [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted]

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Crisis: call or text 988 | Emergency: 911 | SAMHSA: 1-800-662-4357

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